



Caprese Quiche

READY IN



75 min.

SERVINGS



8

CALORIES



352 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 large eggs
- 10 leaves basil fresh chopped
- 12 ounce mozzarella cheese fresh
- 1 pinch ground pepper black
- 0.3 teaspoon juice of lemon
- 2 tablespoons olive oil
- 0.3 cup onion diced
- 19-inch pie crust refrigerated ()
- 0.3 teaspoon salt

2 tomatoes diced

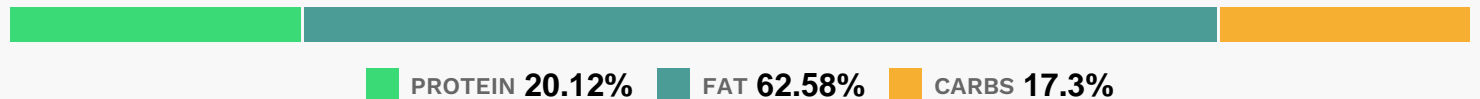
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place pie crust on a pie pan or baking dish.
- Heat olive oil in a skillet over medium heat. Cook and stir onion until softened and translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.
- Spread mozzarella cheese and tomatoes over the bottom of the pie crust.
- Whisk eggs, lemon juice, basil, salt, black pepper, and caramelized onion in a large bowl; pour mixture over cheese and tomatoes.
- Bake in preheated oven until eggs are set and crust is flaky, 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:12.135652314062%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg

Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 352.01kcal (17.6%), Fat: 24.35g (37.46%), Saturated Fat: 9.69g (60.57%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 14.05g (5.11%), Sugar: 1.65g (1.83%), Cholesterol: 219.59mg (73.2%), Sodium: 514.39mg (22.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.61g (35.23%), Selenium: 24.03µg (34.33%), Phosphorus: 276.75mg (27.67%), Calcium: 252.97mg (25.3%), Vitamin B12: 1.41µg (23.58%), Vitamin B2: 0.4mg (23.47%), Vitamin A: 847.01IU (16.94%), Zinc: 2.07mg (13.77%), Folate: 50µg (12.5%), Iron: 1.85mg (10.26%), Vitamin K: 10.12µg (9.64%), Vitamin B5: 0.96mg (9.63%), Manganese: 0.19mg (9.39%), Vitamin E: 1.4mg (9.31%), Vitamin D: 1.17µg (7.8%), Vitamin B1: 0.12mg (7.7%), Vitamin B6: 0.14mg (7.25%), Potassium: 207.97mg (5.94%), Vitamin C: 4.76mg (5.76%), Magnesium: 22.57mg (5.64%), Vitamin B3: 0.95mg (4.76%), Fiber: 1.09g (4.37%), Copper: 0.08mg (4.11%)